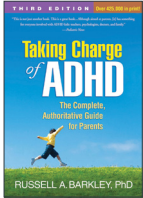


Resource List

for Common Mental Health Concerns in Youth

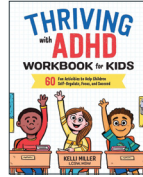


ADHD



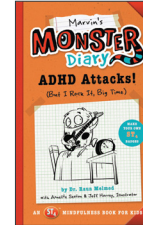
Taking Charge of ADHD, Third Edition: The Complete, Authoritative Guide for Parents

By Russell Barkley



Thriving with ADHD Workbook for Kids: 60 Fun Activities to Help Children Self-Regulate, Focus, and Succeed

By Kelli Miller



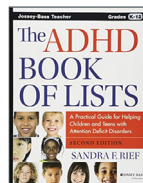
Marvin's Monster Diary: ADHD Attacks! (But I Rock It, Big Time): An ST4 Mindfulness Book for Kids

By Raun Melmed



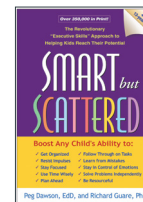
ADH-Me!

By Dr. John Hutton



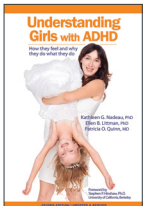
The ADHD Book of Lists

By Sandra Rief



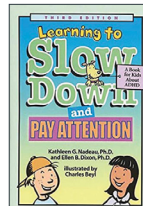
Smart but Scattered: The Revolutionary "Executive Skills" Approach to Helping Kids Reach Their Potential

By Peg Dawson & Richard Guare



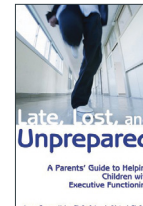
Understanding Girls with ADHD: How they feel and why they do what they do

By Kathleen Nadeau, Ellen Littman et al



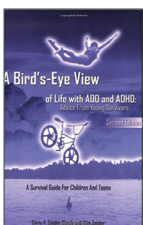
Learning to Slow Down and pay attention

By Kathleen Nadeau and Ellen Dixon



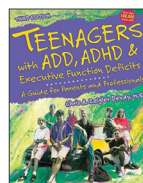
Late, Lost, and Unprepared: A Parents' Guide to Helping Kids with Executive Functioning

By Joyce Cooper-Kahn and Laurie Dietzel



A Bird's Eye View of Life with ADD and ADHD: Advice from Young Survivors

By Alex Zeigler and Chris Zeigler Dendy



Teenagers with ADD, ADHD & Executive Function Deficits: A Guide for Parents and Professionals

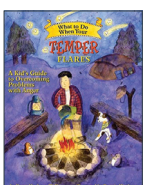
By Chris Zeigler Dendy



8 Keys to Parenting Children with ADHD

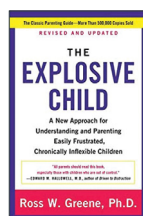
By Cindy Goldrich

Anger/Emotional Dysregulation



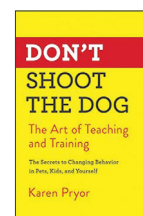
What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger

By Dawn Huebner



The Explosive Child

By Ross Greene



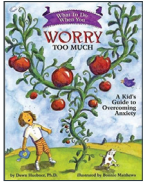
Don't Shoot the Dog!: The New Art of Teaching and Training

By Karen Pryor

American Academy of Child and Adolescent Psychiatry has additional resources for mental health disorders: www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx

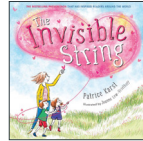
Disclaimer: This document was designed by members of the Integrated Behavioral Health Team within Cincinnati Children's Hospital's Division of Behavioral Medicine and Clinical Psychology. These resources are not meant to replace consultation or intervention with a mental health practitioner. If your child or teen is experiencing mental health concerns that are affecting their functioning, please reach out to your child's medical provider about connecting with a mental health professional.

Anxiety



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

By Dawn Huebner



The Invisible String

By Patrice Karst and Joanne Lew-Vriethoff



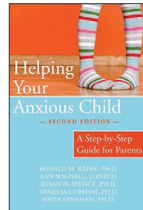
The Kissing Hand

By Audrey Penn, Ruth E. Harper



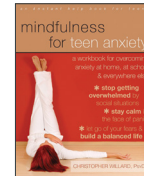
Freeing Your Child From Anxiety: Practical strategies to overcome fears, worries, and phobias and be prepared for life (Toddler to Teens)

By Tamar Chansky



Helping Your Anxious Child: A Step-by-Step Guide for Parents

By Ronald Rapee, PhD, Ann Wignall, et. Al



Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, School, and Everywhere Else

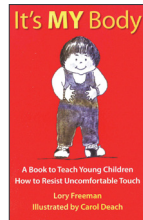
By Christopher Willard, PsyD

Body Safety



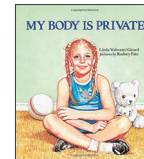
Let's Talk About Taking Care of You! An Educational Book About Body Safety

By Lori Stauffer & Esther Deblinger



It's My Body: A Book to Teach Young Children How to Resist Uncomfortable Touch

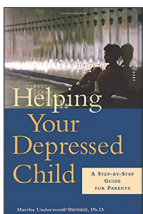
By Lory Freeman



My Body is Private

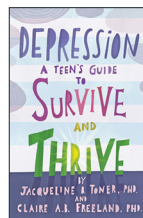
By Linda Walvoord Girard

Depression



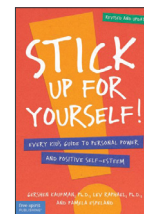
Helping Your Depressed Child

By Martha Underwood Barnard



Depression: A Teen's Guide to Survive and Thrive

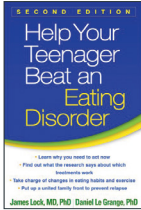
By Jacqueline Toner PhD



Stick Up For Yourself!: Every Kid's Guide to Personal Power and Positive Self-Esteem

By Gershen Kaufman, PhD and Lev Raphael, PhD

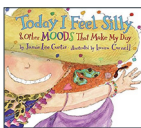
Eating Disorder



How to help your teenager beat an eating disorder

By James Lock and Daniel Le Grange

Feelings Identification



Today I Feel Silly: And Other Moods That Make My Day

By Jamie Lee Curtis and Laura Cornell



The Color Monster: A Story About Emotions

By Anna Llenas



B is for Breathe: The ABCs of Coping with Fussy and Frustrating Feelings

By Dr. Melissa Munro Boyd

Mindfulness/Meditation



Just Breathe: Meditation, Mindfulness, Movement and More

By Mallika Chopra



Breathe Like a Bear: 30 Mindful Moments for Kids to Feel Calm and Focused Anytime, Anywhere

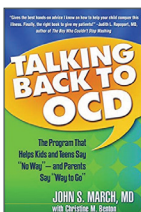
By Kira Willey



Sitting Still Like a Frog: Mindfulness Exercises for Kids (and their parents)

By Eline Snel

OCD



Talking Back to OCD: The Program That Helps Kids and Teens Say No Way — and Parents Say Way to Go

By John S. March, Christine M. Benton



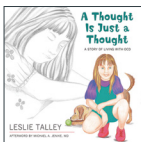
What to Do when Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD

By Dawn Huebner



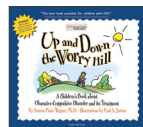
Take Control of OCD: The Ultimate Guide for Kids With OCD

By Bonnie Zucker



A Thought Is Just a Thought

By Leslie Talley, Michael A. Jenike



Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment

By Aureen Wagner



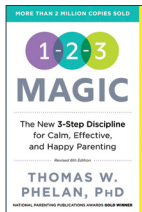
Mr. Worry: A Story about OCD

By Holly L. Niner

American Academy of Child and Adolescent Psychiatry has additional resources for mental health disorders:
www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx

Disclaimer: This document was designed by members of the Integrated Behavioral Health Team within Cincinnati Children's Hospital's Division of Behavioral Medicine and Clinical Psychology. These resources are not meant to replace consultation or intervention with a mental health practitioner. If your child or teen is experiencing mental health concerns that are affecting their functioning, please reach out to your child's medical provider about connecting with a mental health professional.

Parenting



1-2-3 Magic: 3-Step Discipline for Calm, Effective, and Happy Parenting

By Thomas Phelan



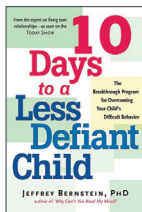
If I Have to Tell You One More Time...

By Amy McCreedy



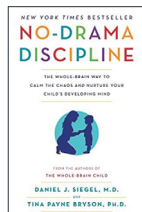
SOS Help for Parents

By Lynn Clark



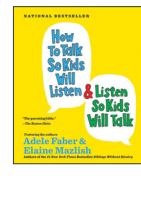
10 Days to a Less Defiant Child: The Breakthrough Program for Overcoming Your Child's Difficult Behavior

By Jeffrey Bernstein



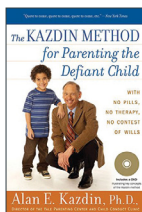
No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind

By Daniel J. Siegel, Tina Payne Bryson



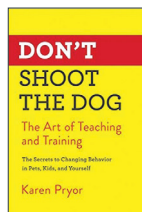
How to Talk so Kids Will Listen and Listen so Kids Will Talk

By Adele Faber and Elaine Mazlish



The Kazdin Method for Parenting the Defiant Child: With No Pills, No Therapy, No Contest of Wills

By Alan Kazdin



Don't Shoot the Dog!: The New Art of Teaching and Training

By Karen Pryor



Parenting your out of control teenager

By Scott Sells

Selective Mutism/Shyness



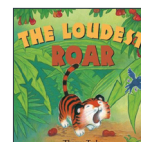
Maya's Voice

By Wen-Wen Cheng



Leo's Words Disappeared

By Elaheh Bos



The Loudest Roar

By Clair Maskell



Selective Mutism: An Assessment and Intervention Guide for Therapists, Educators & Parents

By Aimee Kotrba



Helping your child with selective mutism

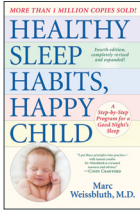
By McHolm, Cunningham, & Vanier



Selective Mutism University (free online courses)

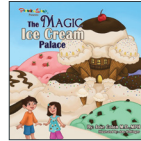
selectivemutismuniversity.thinkific.com

Sleep



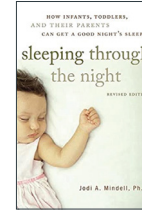
Healthy Sleep Habits, Happy Child: A Step-by-Step Program for a Good Night's Sleep

By Marc Weissbluth, MD



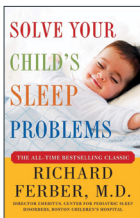
The Magic Ice Cream Palace

By Jose Colon



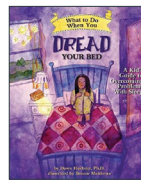
Sleeping through the night

By Jodi Mindell



Solve your child's sleep problems

By Richard Ferber



What to do when you dread your bed: A kid's guide to overcoming problems with sleep

By Dawn Huebner

American Academy of Child and Adolescent Psychiatry has additional resources for mental health disorders:
www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Home.aspx

Disclaimer: This document was designed by members of the Integrated Behavioral Health Team within Cincinnati Children's Hospital's Division of Behavioral Medicine and Clinical Psychology. These resources are not meant to replace consultation or intervention with a mental health practitioner. If your child or teen is experiencing mental health concerns that are affecting their functioning, please reach out to your child's medical provider about connecting with a mental health professional.